

Positive Alternatives 2014 - 16 Quarterly Update

Grantee: Lake Minnetonka Life-Care Center (New Assumed name: Southwest Options for Women) – 1st Quarter 2016

Goal: Assist pregnant women in acquiring necessary services for a healthy, full-term pregnancy. Assist pregnant women with pregnancy and parenting education to foster a healthy pregnancy and increase successful parenting knowledge

For the period:

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|----------------------------------|---|------------------------|--|---------------------|
| Administrative Activities | Training staff and volunteers; Coordinate volunteer, staff and program assessments; order/purchase incentive materials; car seat technician recertification | | SWOW has increased its rental space (as of October 1 st) to accommodate the expansion of our Life Coaching and EWYL programs. Outreach Client Coordinator has been promoting our new expansion during this Quarter. Clients are receiving Life Coaching. New contacts are being made in the community and SWOW programs are receiving support and supplies from churches and agencies. We have added another two volunteers. They are receiving training. EWYL equipment is being purchased and clients are being trained to use them safely and properly. Clients are benefiting from new curriculum. | |
| Outreach | Seek effective means of advertising and publicizing program to draw in new clients; advertise locally; reach out to community advocates and clinics to better collaborate and increase capacity; expand participation in incentive education program and promote program to Spanish speaking & Somali women | | Several local churches and Knights of Columbus organizations are assisting SWOW with raising funds for our remodel and expansion. Other churches and community organizations continue to host mock "Baby Showers" to raise goods for our clients in need. Executive Director and Outreach/Client Advocate are visiting community programs to partner with them in assisting pregnant and parenting women in our community i.e. WIC, Food Shelf, etc. SWOW/MLCC searches for other important resources in and around the Hopkins area to promote the EWYL program to newly pregnant women. Updating and expanding ways to reach the public with our pregnancy services through internet and social media. SWOW/MLCC continues to reach the women in our community with brochure placement in other agencies. SWOW has updated its website and added new email services which will be utilized by staff and board. | |

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| Car Seat Program | Provide classroom car seat safety education; provide certified car seat instruction and testing; provide car seat | 12 | SWOW/MLCC has a trained Child Passenger Safety Technician. She has been successfully training our clients on the safe and proper use of car seats. Car seat tech involved in continuing education and updating current safety procedures. Pregnant women, women with infants, and their families are learning car seat safety procedures and hands-on training. | 8 |
| Case Management Services | Provide on-going telephone follow-up and/or office appointments for clients testing positive for pregnancy and for those enrolled in the education incentive program | 100 | SWOW/MLCC is keeping current on other government and community programs available to our clients. SWOW/MLCC offers the EWYL program to women testing positive for pregnancy. Staff calls EWYL clients to set appointments for future visits. When EWYL clients arrive for appointments, we discuss their WIC appointments, doctor visits, and other follow-up. | 203 |
| Crib Distribution/ Sleep Safety Education | Provide classroom Crib Safety and Back to Sleep education; provide crib and mattress or pack-n-play | 20 | Cribs and PNP's are being distributed by our center through our EWYL program, as well as through donations and Cradle of Hope. Clients and their partners are learning crib safety and safe sleep education. Clients share this information with others who care for their infant. | 9 |
| Financial Assistance | Provide assistance in completing financial assistance form and follow up for Cradle of Hope | 3 | Clients in need of rental assistance through Cradle of Hope and/or Emergency Assistance (through the State) receive information, guidance, and assistance in completing the financial forms and in acquiring the necessary documentations. | 2 |

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| Interpreter Services | Provide limited interpreter support in Spanish and Somali for EWYL participants | | Spanish-speaking clients are being served by our Spanish interpreter. Some of our Somali speaking clients need assistance writing in English, but they usually understand the videos. We help them as needed, which is not often. If they don't understand what they are watching, we ask them to bring a family member or friend to help them. | 10 |
| Material Support | Provide material assistance to women | 90 | SWOW/MLCC has been distributing material support to clients in need: EWYL clients and emergency clients seeking our assistance due to a financial crisis or lack of funds to purchase baby supplies. Referrals to our program are being generated by several agencies, schools, churches and clinics in our area. | 130 |
| Parenting Education | Enroll clients in program and assess needs; assist with selection of parenting education material | 90 | Clients (both the woman and her partner) are learning key parenting, pregnancy, and safety skills. Clients are watching videos, completing lessons, and interacting with staff and volunteers on these important issues. Many agencies in the area are recommending our program to their clients to increase the service and benefits offered. | 104 |
| Pregnancy Education | Enroll clients in program and assess needs; assist with selection of pregnancy education material | 80 | Clients are benefiting from the pregnancy education. SWOW/MLCC encourages the pregnant woman to share this information with her partner. SWOW/MLCC tries to engage the partner in the education and provide information pertinent to men including bonding with the mother and the pre-born child. | 83 |
| Provide Necessary Services Assessments Only | Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services | 2 | Nearly all clients seeking the assistance of SWOW/MLCC are in need of Necessary Service referrals. Very few clients receive Necessary Service Intake Assessment <i>only</i> . | 4 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | 6 |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 11 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 4 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 16 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 6 |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 13 |

Challenges: Comments: Our center continues to receive positive comments from past and present clients who are very thankful for the help and education our programs provide them. Families in crisis are finding valuable resources and other necessary services to assist their pregnancy, childbirth, and healthy parenting styles.